

Fall Soccer 2020 Information

- Each team will practice once per week and be given a time slot on Saturdays for intrasquad scrimmages.
- Teams would remain in their own bubble for the season and would not mix with other teams.
- Ten feet of physical distancing should be maintained between all coaches, participants and spectators, where practicable.
- Players and coaches must self-report COVID-19 symptoms prior to practices and scrimmages each week. Anyone with a temperature of 100.4 or higher must remain at home.
- All players, coaches, and spectators should wear PPE while arriving to the field.
- Provided all screening, hygiene, and social distancing measures are followed, masks are not mandatory for players/coaches during exertional moments of training.
- Spectators should wear PPE.
- Practices and scrimmage schedules will be staggered to eliminate congestion and crowding
- Spectators will be limited to immediate family members only
- Coaches should design practice plans with as much physical distancing as possible.
- Each player should bring their own ball to use. No sharing of water or towels.
- **Each team needs to have a Team Manager to help keep track of attendance. Attendance should be taken at every practice and scrimmage.**
- Practices start week of September 7. Scrimmages would start September 19. Season would end November 7.
- As the season progresses, games amongst Falls Church teams could be considered.

Based on the CDC guidelines, this is when a player can return to play if they had or likely had COVID-19

- **"I think or know I had COVID-19, and I had symptoms"**
 - You can be with others after
 - 3 days with no fever
 - **AND**
 - symptoms improved
 - **AND**
 - 10 days since symptoms first appeared
 - Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart
- **"I tested positive for COVID-19 but had no symptoms"**
 - If you continue to have no symptoms, you can be with others after:
 - 10 days have passed since test
 - Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.
 - If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."